



Fort Sam Houston

# News Leader®



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Fort Sam Houston — Home of Army Medicine

July 11, 2002



Photo by Clyde Kramer

## Record rains flood post

During recent record setting rains Salado Creek overflowed its banks inundating Salado Park and other areas and roads near the creek. Binz-Engleman Road and gate leading to Brooke Army Medical Center were closed temporarily. The Fort Sam Houston Golf Course and several housing areas on Fort Sam Houston also sustained flood damage.

## Upcoming changes make Thrift Savings Plan more user friendly

By Sgt. 1st Class Kathleen T. Rhem  
American Forces Press Service

Upcoming improvements to the Thrift Savings Plan for both military and federal civilian employees will make the program easier to use.

Lt. Col. Tom Emswiler, an Army lawyer who directs the Armed Forces Tax Council in the Pentagon, said the most significant change will be that accounts will become daily valued, instead of the current monthly valued. All transactions will be updated daily, he said.

Other changes include better online access to accounts and participant statements expressed in shares and dollars, instead of just dollars as the current statements are.

All changes are due to be implemented September 16. Emswiler said no action is required from participants. However, he cautioned, there will be a two-week period from the end of August until September 16 during which participants

will be unable to make certain changes to their accounts or make withdrawals.

“For that two-week period when they’re actually transferring accounts into the new record-keeping system, there’s going to be a pause in your ability to do certain things,” he said. “But otherwise, this is basically going to be seamless.”

TSP participants will gain the ability to make changes daily, “but this isn’t meant to make you a day trader,” Emswiler said. “Think about your long-term investment needs and don’t move your accounts simply based on short-term market fluctuations.”

He noted the Thrift Savings Plan is intended to be a retirement investment plan. “That means it’s a long-term investment, you don’t want to just jump around based on short-term needs,” he said. “You want to develop your investment strategy based on what level of risk you’re willing to accept, whether your needs are long-term or short-term, and then stick with that plan.”

For more information on the [Thrift Savings Plan](http://www.tsp.gov), visit [www.tsp.gov](http://www.tsp.gov). A [chart outlining the upcoming changes](http://www.tsp.gov/forms/tsplf11.pdf) is available online at [www.tsp.gov/forms/tsplf11.pdf](http://www.tsp.gov/forms/tsplf11.pdf).

## Musical drama honors ‘Veteranos’

By Nelia Schrum  
Special to the News Leader

Hispanic heroes along with four living Medal of Honor recipients were honored here June 28 - 29 with performances of “*Veteranos: A Legacy of Valor*” at the Lila Cockrell Theater.

Retired San Antonio Warrant Officer Louis Rocco joined three other Medal of Honor recipients — Robert O’Malley, Hiroshi Miyamura and Gerry Murphy, for the San Antonio debut of the musical.

Rocco, who was instrumental in bringing the production to San Antonio, thanked the audience for honoring the military. “If it weren’t for the brave men and women, we wouldn’t be here today,” he said.

Prior to the start of the musical, Maj. Gen. Alfred Valenzuela, commander United States Army South, formally awarded a Purple Heart to Jose Mata, a veteran wounded in the Republic of Vietnam in 1968. Mata received a standing ovation along with the medal that should have come 24 years ago.

“Unbelievably, (Jose Mata) leaves the service with a Combat Infantry Badge and Bronze Star and other awards for cam-

paign service,” Valenzuela said. “And yet, having been wounded, we the United States Army failed and did not present him the Purple Heart.”

With 1.6 million veterans in Texas, executive producer Danny Haro said San Antonio was selected for the first performance of “*Veteranos*” outside of Los Angeles because of the strong veteran and military support here. In addition to the four Medal of Honor recipients at the performance, Haro said two other living World War II Medal of Honor recipients from San Antonio, Lucian Adams and Jose Lopez, “are with us in spirit.”

The two-act production consists of four dramatic vignettes recounting the personal lives and military battles of four Medal of Honor recipients, three of them from Texas. The musical chronicles the lives of World War I hero, David

Barkeley Cantu; Marcario Garcia from World War II; Korean War Marine, Eugene Obregon; and Vietnam era hero Master Sgt. Roy Benavidez.

The play’s narrator, a Colombian warrior, serves as the voice of history.

See *Veteranos* Page 17



Photo by Nelia Schrum

Medal of Honor recipient, retired Warrant Officer Louis Rocco, visits with recruiter Staff Sgt. Heather Jackson, prior to the start of the musical, “*Veteranos: A Legacy of Valor*,” at the Lila Cockrell Theater June 28.

## Briefs

### VETCOM Change of Command, July 11

Veterinary Command Change of Command, July 11, 8 a.m., MacArthur Parade Field. Incoming commander is Col. Charles Kelsey, Jr.; outgoing commander is Col. Thomas Pool. Inclement weather site, Roadrunner Community Center, Bldg. 2729, Stanley Road.

### DMRTI Change of Command, July 15

Defense Medical Readiness Training Institute Change of Command, July 15, 11 a.m., Roadrunner Community Center, Bldg. 2729, Stanley Road. Incoming commander is Col. Alan L. Moloff; outgoing commander is Col. Johnnie S. Tillman.

### 2nd Brigade, 75th Division Change of Command, July 16

Command of 2nd Brigade, 75th Division at Fort Sam Houston will be transferred from Col. Kieth R. Vore to Col. Alfred E. Dochnal, July 16, 9:30 a.m. in the Quadrangle.

### San Antonio MEPS Grand Opening, July 17

The San Antonio Military Entrance and Processing Station will conduct a Grand Opening Ceremony July 17, 1 p.m. at Bldg. 2376, 1950 Stanley Road.

### DFAS Change of Command, July 19

Defense Finance and Accounting System Change of Command July 19, 9 a.m., MacArthur Parade Field. Incoming commander is Col. Robert T. Cook; outgoing commander is Col. Brian Clearman.

## Claims Office assists residents with property damage due to floods

Quarters occupants who may have sustained property damage due to flooding resulting from the current heavy rains should contact the Claims Office for advice on the proper procedures for submitting a claim for those damages. Do not dispose of any items until claims personnel inspect the damages. If you have insurance coverage, you must also contact your insurance agent and file a claim with that company prior to filing with the government. The Claims Office is located in Bldg. 153 and the telephone numbers are 221-1973 or 221-2161.

# Dark Screen will gauge cyber network’s strengths

By Congressman **Ciro D. Rodriguez**  
28<sup>th</sup> Congressional District

As you are getting dressed for work one morning, a sudden power outage takes you by surprise. The weather is clear, and the bills have been paid - there is an eerie silence across your neighborhood. Unknown to you, the entire region has lost power, with major lines of communication and transport frozen in their tracks. Or worse, imagine that the water coming through your pipes contains toxic chemicals or untreated waste, or that air traffic controllers were sitting helplessly as planes were ordered to fly - or crash - into each other.

An attack on our computer networks - a cyber-attack - could lead to any one of these or countless other doomsday scenarios. The Internet and the multitude of computerized networks have changed how we communicate, travel, and shop. We are linked in ways that improve

efficiency and productivity, creating opportunities in large and small communities that could not have been imagined just a few years ago. Yet, being linked in this fashion, and because computer networks have become so vital to the operations of government and business, makes us more vulnerable to an intentional attack on our computer systems. Such an attack could not only cause havoc, it could leave terrorists in control of our vital infrastructure systems.

San Antonio is a major U.S. city with a modern infrastructure. The city’s business, research, academic, utility and military institutions are linked to others across the state and the country. Like other major cities, San Antonio must be prepared to detect, prevent and respond to any possible cyber-terrorism.

In order to assess our readiness I recommended earlier this year that the area’s military, academic, business and

governmental institutions at all levels come together and develop an exercise, which we are calling Dark Screen, to gauge our strengths and address our weaknesses. Through such intense preparation exercises, we will be better able to protect ourselves against cyber-terrorism in the future.

Dark Screen seeks first to test our region’s capabilities and resources to detect, prevent and respond to a cyber-terror attack.

Second, Dark Screen will assess the ability of local, state, and federal authorities in this region to communicate effectively during and after such an attack.

Locally, the Center for Infrastructure Assurance and Security (CIAS) at UTSA is leading the planning and execution of Dark Screen. The Air Force Air Intelligence Agency, which is a CIAS partner, is also playing a leadership role in bringing

together the various stakeholders. Planning groups have already met numerous times, and in late May, UTSA hosted a plenary planning session attended by representatives from the city, the county, the Army and Air Force, the state Attorney General’s office, the FBI, and others. The broad range of participants, the very high level of interest among the various parties and the sense that cyber-terrorism poses a real threat were evident at this planning session. I look forward to seeing the fruits of their efforts.

Our security at home is paramount. With proper planning and coordination we can better protect ourselves from the threats we face. Dark Screen will be a large step in that direction, one that will put San Antonio and South Texas on the map as a center for preparedness and infrastructure security.

## Fort Sam Houston News Leader

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# NCOs get new career development guidance

By Joe Burlas  
Army News Service

An updated Department of the Army pamphlet will soon provide noncommissioned officers more robust career development guidance on the path to sergeant major.

Replacing a 15-year-old generic DA PAM 600-25, Noncommissioned Officer Professional Development Guide, the new guide will offer structured institutional and self-development career advice tailored to each military occupational specialty and skill level via the Web later this month.

“The Army has been in need of this publication for some time,” said retired Sgt. Maj. Carl Armentrout, chief of Army Development Systems XXI Enlisted Component. “The field asked for better NCO professional development guidance and it is being delivered. It’s very extensive.”

Updating the NCO guide was one of the recommendations the Army Develop-

ment Systems XXI task force made to Army Chief of Staff Gen. Eric K. Shinseki last year. According to its charter, the task force was formed in October 1999 to “chart a course for enlisted and warrant officer development and management required in the next century.”

Making the pamphlet an e-book allows it to be updated quickly by MOS proponents and other Army officials when changes occur or more current information is available, Armentrout said.

As an e-book, the guide also has hundreds of hyperlinks for more detailed coverage of specific Army subjects and programs. Users can checkout the Army’s Credentialing Opportunities Online Web site to see how a MOS compares to a similar civilian profession and what is required to qualify for jobs in that career field. Another link takes users to the Army Education Web site which details information on a myriad of academic degree-building programs and available

tuition assistance.

Specifically, the guide lays out the duties, prerequisites, required institutional training and recommended self-development of each MOS by career management field and skill level, Armentrout said.

Armentrout gave an update on other ADS XXI enlisted initiatives:

Career field proponents have made significant progress on the requirement to reduce MOSs to a more manageable level, he said. When the ADS XXI task force formed, the Army had 241 MOSs. The number today is less than 200.

The next step is for the Training and Doctrine Command to look across proponents to see what other MOSs might be consolidated for further reductions, Armentrout said. Low-density MOSs that are not inherently military are also being examined for possible outsourcing, he said.

On the need to staff Sergeant Major Academy instructor positions with seasoned senior NCOs, the first batch of

15 report in this summer, with 15 more following in 2003 and another 15 in 2004. The recent practice had been to staff the academy’s 48 instructor positions with sergeants major who had just graduated from the academy’s training, Armentrout said. Another fix in the works is lifting regulatory bans that prohibits command sergeants major who leave command positions for other non-command assignments from returning to command slots, he said.

A similar initiative is under review to field experienced senior NCOs in observer/controller positions at the National Training Center, Fort Irwin, Calif., and the Joint Readiness Training Center, Fort Polk, La.

“Obviously, a command sergeant major who has taken a battalion through the National Training Center a time or two is better qualified to mentor NCOs coming through NTC than someone who has never been there before,” Armentrout said.

# New uniform Army Regulation 670-1 now online

By Staff Sgt. Marcia Triggs  
Army News Service

The most current uniform policy regulation went online June 25, and clarification of the Army’s tattoo policy is only one of two dozen changes or updates that will take effect Aug. 1.

The one change people won’t see in the regulation is: males having the authority to carry umbrellas. The Army is not ready for that change, said Master Sgt. Kittie Messman, the uniform policy noncommissioned officer for the Army’s G1.

Last December the Army announced that changes were being staffed, and the tattoo policy is one that underwent the most modifications.

“Under the old regulation, it stated that tattoos were prohibited on the face, neck and head. Now, it states that tattoos are not to be visible in the Class A uniform with trousers. So there is a common standard for both males and females,” Messman said.

Soldiers who currently have tattoos on their hands will be “grand-fathered” and allowed to keep them, Messman said, as long as the tattoos are inoffensive.

Counseling requirements for commanders with soldiers who have tattoos are also outlined in the updated regulation. Offensive tattoos anywhere on the body are prohibited, but tattoos that are not offensive need to be documented in a written report at the discretion of the commander.

To eliminate subjective opinions from one command to the next, the soldier will present the written documentation at his new assignment, Messman said.

Other items that were revised include hair, nails, contacts, cell phones, pagers, headgear, “camelbacks,” desert battle-dress-uniform insignia, regimental distinctive insignia, physical fitness uniform wear and pregnancy, the explosive ordnance detachment badge and the black mess uniform.

The beret, which is a new clothing item, is addressed in the updated regulation. When soldiers are not wearing the beret outside, they should be carrying it, Messman said.

Soldiers should not attach headgear to the uniform, hang it from their belt or put it in a uniform pocket. This headgear policy has always been in effect, Messman

explained. However, in maneuver environments placement of the utility cap is at the commander’s discretion, she added.

What people have to remember is that the Army regulation is the only publication that accurately spells out proper wear of the uniform, Messman said. Regardless of what media sources put out, soldiers should first seek clarification from AR 670-1, and focus on what the regulation states now, and what will go into affect in August, she added. The uniform regulation was last revised in 1992, but in order to keep up with the pace of changing times the regulation is periodically reviewed.

“The regulation has to change with time,” Messman said. “If not we’d still be wearing uniforms from the Civil War.”

A new policy regarding cell phones and pagers is one addition to the regulation that was generated by technology, Messman said.

Under the regulation only one electronic device will be authorized for wear on the uniform in the performance of official duties. The device may be either a cell phone or pager - not both. The device must be black in color and may not exceed 4 by 2 by 1 inches. Devices that do not comply with these criteria may not be worn on the uniform and must be carried in the hand, bag or in some other carrying container.

At one time, cell phones and pagers were only common practice for people in the medical field, but now the Army has downsized, and people are doing more than one job at the same time, said Lt. Col. Margaret Flott, chief of the Individual Readiness Policy Division for Army G-1. Soldiers have to be able to go out and do their jobs without being tied to their desk, she said.

Messman is the principal adviser for changes to the uniform policy, but she said the changes that were made came from recommendations.

“We depend a lot on leadership in the field,” Messman said. “They know the young soldiers of today. I get their input on when it’s time to allow something that wasn’t allowed before, or when something starts becoming a distraction and needs to be addressed.”

The policy change authorizing braids and cornrows is an example of items that

were once seen as inappropriate in the workplace, but now considered conservative and business-like, Messman said. And the policy clarification that prohibits two-toned manicured nails is an example of a growing trend that has no place in the work area, she added.

People usually have the hardest time accepting the grooming policies, Messman said. “We don’t want to rob people of their individuality,” Messman said. “But the Army has never professed to be a leader in fashion. Our goal is to create a conservative, professional image and some of the more trendy styles will not accomplish that goal.”

Other highlights of the changes are: Dreadlocks are prohibited for all soldiers. Prohibited hair dye colors include purple, blue, pink, green, orange, bright fire-engine red, and neon colors. “If soldiers use dyes, tints, or bleaches, they must choose those that result in natural hair colors,” Messman said.

Women are authorized to wear braids and cornrows; baldness is authorized for males, either natural or shaved.

Males are not authorized to wear nail polish and they must keep nails trimmed to the tip of the finger. Females must keep nails trimmed no longer than 1/4 inch, as measured from the fingertip. Two-tone or multi-tone manicures and nail designs are prohibited. Prohibited nail polish colors include bright fire-engine red, khaki or camouflage, purple, gold, blue, black, white, and neon colors.

Tinted or colored contacts, and contacts that change the shape of the iris are prohibited, as they are not medically required. The only tinted contacts autho-

rized are opaque lenses (when prescribed for eye injuries) and clear corrective vision lenses.

All soldiers are exempt from wearing headgear to evening social events (after retreat.)

The Army flash is the only one authorized on the black beret, unless authorization for distinctive flashes was granted (i.e., OPFOR) before June 14, 2001.

Commanders may authorize the use of a camouflage hydration system (commonly called “camelbacks”) for field duty or on work details. Soldiers will not use these devices in a garrison environment, unless directed by the commander.

Sew-on insignia is now authorized for the desert BDUs. Soldiers may wear the same insignia and awards as are worn on the woodland camouflage battle dress uniform.

Soldiers who are pregnant should wear the PT uniform until the uniform becomes too small or too uncomfortable. At that time, pregnant soldiers may wear civilian equivalent workout attire. Leaders will not require soldiers to purchase larger PT uniforms to accommodate the pregnancy.

Wear of the RDI on the AG 415 class B shirt is optional.

The category of the EOD Badge is changed from group 5 to group 3.

A wear-out date for the female officer black mess uniform is September 30, 2003.

The updated policy can be found on the following Website:[http://www.usapa.army.mil/pdffiles/r670\\_1.pdf](http://www.usapa.army.mil/pdffiles/r670_1.pdf).

## Notice: ID Card Office Closed July 11

The ID Card Office in Bldg. 367 will be closed to the public July 11. The Human Resource Business Center will be celebrating their annual Organization Day. You can obtain an ID card at Randolph Air Force Base, Bldg. 399, phone number 652-1845, or Lackland Air Force Base, Bldg. 5616, phone number 671-4177. The Office will resume service on July 12, at 7:30 a.m.



# 2001 Drinking Water Quality Report

## CAMP BULLIS

### Special Notice for the elderly, infants, cancer patients, people with HIV/AIDS or other immune problems:

Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections.

These people should seek advice about drinking water from their health care providers. EPA/Centers for Disease Control and Prevention (CDC) guidelines on appropriate means to lessen the risk of infection by Cryptosporidium and other microbial contaminants are available from the Safe Drinking Water Hotline at (800) 426-4791

The Texas Natural Resource Conservation Commission (TNRCC) regulates our drinking water and they have determined that certain water quality issues exist which prevents our water from meeting

all of the requirements as stated in the Federal Drinking Water Standards. Each issue is listed in this report as a violation and we are working closely with the TNRCC to achieve solutions.

#### Where do we get our drinking water?

Our drinking water is obtained from Ground water sources. It comes from GLENN ROSE AQUIFER. TNRCC will be reviewing all of Texas’ drinking water sources. The source water assessment process will be completed in three years. It is important to protect your drinking water by protecting your water source.

#### All drinking water may contain contaminants.

When drinking water meets federal standards there may not be any health based benefits to purchasing bottled water or point of use devices. Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that water poses a health risk. More information about contaminants and potential health effect can be obtained by calling the Environmental

Protection Agency’s Safe Drinking Water Hotline at (800) 426-4791.

#### About The Following

The pages that follow list all of the federally regulated or monitored constituents, which have been found in your drinking water. U. S. EPA requires water systems to test up to 97 constituents.

#### Secondary constituents

Many constituents (such as calcium, sodium, or iron) which are often found in drinking water, can cause taste, color, and odor problems. The taste and odor constituents are called secondary constituents and are regulated by the State of Texas, not EPA. These constituents are not causes for health concerns. Therefore, secondaries are required to be reported in this document but they may greatly affect the appearance and taste of your water.

#### DEFINITIONS

##### Maximum Contaminant Level (MCL)

The highest permissible level of a contaminant in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.

##### Maximum Contaminant Level Goal

#### (MCLG)

The level of a contaminant in drinking water below which there is no known or expected health risk. MCLGs allow for a margin of safety.

#### Treatment Technique (TT)

A required process intended to reduce the level of a contaminant in drinking water.

#### Action Level (AL)

The concentration of a contaminant, which if exceeded, triggers treatment or other requirements, which a water system must follow.

#### NTU - Nephelometric Turbidity Units

**MFL** - million fibers per liter (a measure of asbestos)

**pCi/l** - picocuries per liter ( a measure of radioactivity)

**ppm** - part per million, or milligrams per liter (mg/l)

**ppt** - part per trillion, or nanograms per liter

**ppq** - parts per quadrillion, or picograms per liter

**ppb** - parts per billion, or micrograms per liter

#### Inorganics

NA= MCL not applicable – not regulated. Special Monitoring Requirement.

Organics NOT TESTED FOR OR NOT DETECTED

Disinfection By-Products NOT TESTED FOR OR NOT DETECTED

Year	Constituent	Average of All Sampling Points	Range of Detected Levels	Unit of Measure	Reason for Monitoring
2000-2000	Chloroform	0.45	0.0000-0.9000	ppb	Unregulated contaminant monitoring helps EPA to determine where certain contaminants occur and whether it needs to regulate those contaminants
2000-2000	Bromodichloromethane	0.75	0.6000-0.9000	ppb	Unregulated contaminant monitoring helps EPA to determine where certain contaminants occur and whether it needs to regulate those contaminants
2000-2000	Chlorodibromomethane	0.75	0.7000-0.8000	ppb	Unregulated contaminant monitoring helps EPA to determine where certain contaminants occur and whether it needs to regulate those contaminants

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Lead and Copper	Year	Constituent	The 90th Percentile	Number of Sites Exceeding Action Levels	Action Level	Unit of Measure	Source of Constituent
	2001	Copper	0.3420	0	1.3	ppm	Corrosion of household plumbingsystems; Erosion of natural deposits; Leaching from wood preservatives.
	2001	Lead	13.2000	1	15	ppb	Corrosion of household plumbing systems; Erosion of natural deposits;

**Total Coliform** NOT DETECTED

**Fecal Coliform** NOT DETECTED

#### Violations

Violation Type	Explanation	Health Effects	Duration	Steps to Correct
LEAD COPPER CORROSION CONTROL STUDY		Failure to submit a corrosion control study means the water system has not assessed methods for corrosion control to prevent lead and copper from leaching out of customer’s plumbing into their tap water. Therefore, customers do not have the opportunity to consider alternatives to potentially high lead or copper levels. Infants and children who drink water containing lead in excess of the action level could experience delays in their physical or mental development. Children could show slight deficits in attention span and learning abilities. Adults who drink this water over may year could develop kidney problems or high blood pressure.	6/30/1994 to 12/31/2015	
LEAD COPPER CORROSION CONTROL STUDY		Failure to submit a corrosion control study means the water system has not assessed methods for corrosion control to prevent lead and copper from leaching out of customer’s plumbing into their tap water. Therefore, customers do not have the opportunity to consider alternatives to potentially high lead or copper levels. Infants and children who drink water containing lead in excess of the action level could experience delays in their physical or mental development. Children could show slight deficits in attention span and learning abilities. Adults who drink this water over may year could develop kidney problems or high blood pressure.	9/13/1994 to 12/31/2015	

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# U.S. Army Promotions July 2002

The following are promotions  
are announced for July:

**To Lieutenant Colonel:**

James Byrne  
Anita Cain  
John Eiland  
Walter Ross  
Michael Sinatra  
Brian Whalen

**To Major:**

Lee Flemming  
Shelia Francis  
Harry Hungerford  
Ande Mass  
Patrick Petray  
Melonie Quander  
Larry Wooldridge

**To Captain:**

Jamie Atkins  
Cynthia Beard  
David Bennett  
Colleen Cannone  
Liquori Etheridge  
Jessica Feda  
Christopher Flaugh  
Eric Gocke  
Martin Hamilton  
Travis Hedman  
Julie Kosin  
Bradley Obrien  
Tracy Ostrom  
Cory Ramsey  
Alton Stewart  
Catherine Sunderland  
Justine Vaughn  
Glenn Wood

**To 1<sup>st</sup> Lieutenant:**

Christopher Evans  
Brent Lindsley  
Clifton Tavares

**To Master Sergeant:**

Carl Beatty  
Michael Cambron  
Robert Clark  
Kevin Dougherty  
Jeffrey Finlay

Mark Fredrickson  
Howard McBean  
Nathan Rainey  
Jeff Reade  
Kevin Thomas

**To Sergeant 1<sup>st</sup> Class:**

Leonard Anderson  
Vernita Berg  
Jopond Crossley  
Troy Cummings  
Miguel Diaz-Baez  
Hudson Harris  
Ron LaFond  
Christofer Nenninger  
Anthony Roberts  
Damian Santiago  
Lacey Sims  
James Walker  
Terry Wickham

**To Staff Sergeant:**

Lashana Boozer  
Curtis Freeman  
Robert Hollis  
Jorge Martinez  
Richard Roettger  
Andre Ross  
Corey Sherrard  
Luis Trinidad  
David Vance

**To Sergeant:**

Alfredo Armijo  
Bryon Craig  
Sigfrido DeJesusMendez  
Justina Forbes  
James Fowler  
Emily Gibson  
Tobias Grant  
Constance Hale  
Derek Knight  
Angela Lambert  
Kevin McGinnis  
Lori Roettger  
Crystal Smith  
Steven Venezie  
Douglas Walker



*Remember: Every Drop Counts*

## The Fort Sam Houston Thrift Shop supports community

Visit the Fort Sam Houston Thrift Shop where great bargains and special treasures can be found. Among the items available for sale at the shop are: Household items, clothing, collectibles, books, appliances, tools, knick-knacks, furniture, antiques, jewelry, uniforms, plants and much more.

The shop is opened Wednesdays, Thursdays and the second Saturday of every month from 9 a.m. to 2 p.m. The shop is located in Bldg. 230 on Liscum Road. For information call 225-4682.

# Summit focuses on mobile students, college tuition

By Staff Sgt. Marcia Triggs  
Army News Service

Transitioning students between high schools and lessening college tuition for military families are the focus of a two-day conference being hosted by the Army July 8-10 in Washington, D.C.

One soldier is paying twice as much to send his child to college because he's not a resident of the state where he's stationed. Then, there's a graduating senior who has attended four different schools since entering the ninth grade.

These are real-life examples that Lt. Gen. James Hill, I Corps and Fort Lewis, Wash., commanding general, laid out before delegates at the Army's second-ever Education Summit. And these are the issues that Army Chief of Staff Gen. Eric K. Shinseki invited educators and post commanders to explore.

"We need schools to do the right thing, not the bureaucratic thing for our children," Hill said during the opening session of the summit. "It's too easy to fall back on what the law or policy says. I encourage everyone to work with your state to change and challenge laws that are obstacles to our mobile students."

Delegates were challenged during the summit to: develop a strategy to "institutionalize" recommendations from an Army study on secondary education and to also develop a strategy for military families to gain favorable in-state tuition policies.

Each objective will be dealt

with by separate groups, and on the last day of the summit, delegates will brief Shinseki on how they are hoping to enhance the education progression of military family members.

The Army is hoping that its Secondary Education Transition Study and Memorandum of Agreement will deter some of the challenges of the mobile military child, Hill said. The Army began a study in 1999 to better understand the effects of mobility on high school students and provide recommendations to ease the impact. Out of the study came a memorandum of agreement, which is the framework for establishing common practices among school systems.

There are currently 94 school districts that have signed the agreement, but plenty of others have not, Hill said. A youth services program manager said she was hoping that the 94 partners could help her get more school districts to sign the Secondary Education Transition Study MOA in her area.

"I want to be an advocate for

SETS," said Peggy Hinson, from Army Material Command headquarters. "I'm going to translate the benefits as I hear them from the current partners to those who haven't signed the memorandum."

School districts involved in the MOA partnership agree to: improve the timely transfer of records; ease transition during the first two weeks of enrollment; foster access to extracurricular programs;

lessen impact of moves at the end of junior year and before and during senior year; communicate variations in school calendars and schedules; create and

implement professional development systems; continue child-centered partnerships between installation and supporting school; provide information concerning graduation requirements; provide services for post-secondary study.

While the MOA workgroup discusses ways to lessen the challenges of transitional high school students, Hill also asked that they remember the challenges of children with special needs.

Too often children with

special needs get ignored, Hill said. As a parent with a special needs daughter, he knows the challenges too well of moving his daughter from school district to school district and having to advocate for her rights again and again, he said.

As military members move from post to post, they become stateless people, Hill said. Which is why Army leadership is hoping that an agreement can be made that will allow soldiers to get in-state tuition rates.

"This is a tough time to ask universities for such an agreement, because so many people are facing economic woes," said Maj. Gen. Joe Taylor, chief of legislative liaison for the Office of the Secretary of the Army.

"However, our presence in their community represents a non-declining investment," Taylor, said. "I believe it should be attainable for soldiers to receive in-state tuition rates. And as long as there isn't a break in enrollment, that in-state status should remain, with no regard to if the parents have to move."

The idea for in-state tuition is basically common sense, but changes aren't made based on

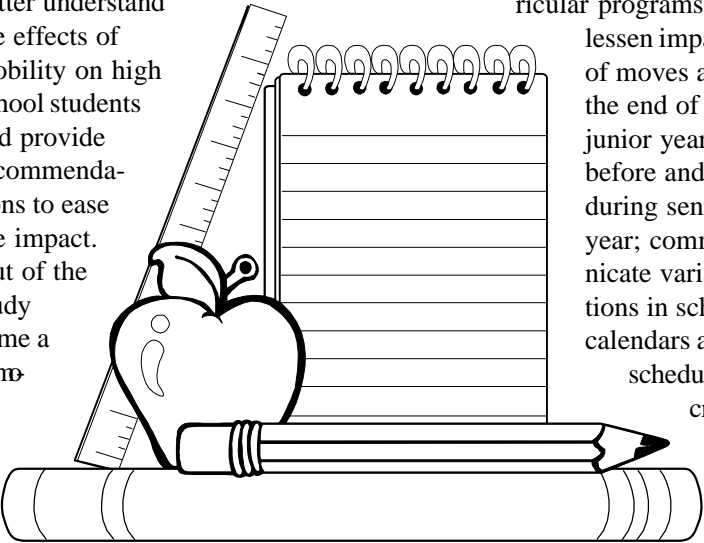
common sense, Taylor said. The delegates are going to have to come up with concrete data and weigh in on the positives, he added.

Washington state has an in-state policy that is favorable to military families, but Hill said it wasn't instituted because of state benevolence. It took the combined leadership of the Army, Air Force and Navy to frame the issue for state legislature, he said.

It was economic logic that brought about the achievement, Hill said.

"The U.S. military in the state of Washington directly influences over \$8 billion a year of the state's economy. We told them that we were a dollar-generating constituency, and they listened."

The memorandum of agreement and the in-state tuition policy are both good ideas, Hill said. But a lot of good ideas never see the light of day because they lack staying power, he added. Hill challenged the delegates to come up with data to show that their idea is better than any others.



## A76 Initial Decision announcement rescheduled for July 29

The public announcement of the results of the Base Operations Services and Visual Information A-76 studies has been rescheduled for July 29 at 3 p.m. at the Fort Sam Houston main post flagpole on Stanley Road. Further details concerning this announcement will be published, as they become available.

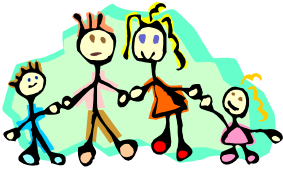


# Army Community Service Family Advocacy Program

## June Class Schedule

Class Title	Dates	Class Time
Anger Mgmt Awareness	11	Noon-1 p.m.
Basics of Breastfeeding	17	10:30 a.m.-Noon
Building Effective Anger Management Skills (BEAMS)	16, 23, 30	11a.m.-12:30p.m.
Common Sense Parenting	17, 24, 31	11 a.m.-1 p.m.
Coping w/Difficult People	18	Noon-1 p.m.
Duffel Bags for Babies	10, 24	8 a.m.-Noon
Family Advocacy Commander Training	11	8 -9:30 a.m.
Nurturing Program	2, 9, 16, 23	1-4 p.m.
Parenting Newborns	3	9-10:30 a.m.
Playgroup	2, 9, 16, 23, 30	9-11 a.m.
Pregnancy and Childbirth	11	1-4 p.m.
	25	9 a.m.-Noon
Single Parent Support Group	26	11 a.m.-1 p.m.
Stress Management	3, 10	Noon-1 p.m.
Women Encouraging Women	25	11 a.m.-Noon

Feel free to bring a brown bag lunch to classes scheduled during the hours of 11 a.m. to 1 p.m. To sign up for classes or for more information, call ACS Family Advocacy Program at 221-2334 or 221-2350.



# TRICARE Prime Remote ‘waived charges’ benefit makes way for new program

The interim “waived charges” benefit is a cost saving program implemented by the Department of Defense to waive cost shares, co-payments and deductibles for active duty family members who reside with their sponsors in TRICARE Prime Remote locations. The waived charges benefit ends August 31, 2002, and will be replaced by the TRICARE Prime Remote for Active Duty Family Members (TPRADFM) program, which begins September 1, 2002.

TPRADFM is a new benefit authorized under the Fiscal Year 2001 National Defense

Authorization Act. The TPRADFM program replaces the interim benefit, reduces or eliminates out-of-pocket cost, and brings equity of the TRICARE Prime benefit to active duty family members who reside with their sponsors in remote locations.

“Once the TPRADFM benefit begins, active duty family members can choose to enroll in TRICARE Prime or continue using TRICARE Standard or Extra benefits,” said Coast Guard Lt. Cmdr. Robert Styron, TRICARE Prime Remote project manager, TRICARE

Management Activity (TMA). “Active duty family members who do not choose to enroll in TRICARE Prime will be responsible for the TRICARE Standard cost shares and deductibles,” Styron said.

To take advantage of the TPRADFM benefit, active duty sponsors and family members must be enrolled in the Defense Enrollment Eligibility Reporting System (DEERS). To verify their eligibility in DEERS, sponsors and family members may contact or visit a military identification card issuing facility. A list of military facilities is available on-line

at <http://www.dmdc.osd.mil/rsl>. They also may contact the Defense Manpower Data Center Support Office toll-free at 1-800-538-9552.

Additional information on the TPRADFM program is available on the TRICARE Web site at <http://www.tricare.osd.mil/remote>. Sponsors and active duty family members also may contact the Worldwide TRICARE Information Center toll-free at 1-877-DOD-CARE (1-877-363-2273). The start date for the new program will be announced in a future TMA news release.



# Army to excite youth about math, science

By Staff Sgt. Marcia Triggs  
Army News Service

Army Secretary Thomas White recently committed \$2 million of the service's funds in an effort to get America's youth excited about math and science.

A partnership between the Army and National Science Center Inc., a nonprofit organization, was renewed during an informal ceremony in White's office recently.

"Since the beginning of this relationship, which began in the 1980s, the Army has been able to do two things," said Dr. George Fry, the NSC director. "The Army has found a way to get students to take harder math and science courses. Also, teachers, students and parents see the Army in a positive role."

Fry, who has a doctorate in education, said NSC is involved in seven programs, but the one that has opened doors to the Army involves two soldiers in an 18-wheeler.

Last year the Mobile Discovery Center Van stopped at 78 schools across the country and reached more than 25,000 students.

Two Mobile Discovery Centers will be on the road beginning next school year, to meet the daily requests from teachers and educators across the country, Fry said.

The current van is manned by a team of two former recruiters. It pulls onto school property, invites up to 50 students inside the semi-truck and tells them that they will have fun, and they will learn something. With hands-on activities and interactive conversations, students learn about a number of topics including electricity and sound waves.

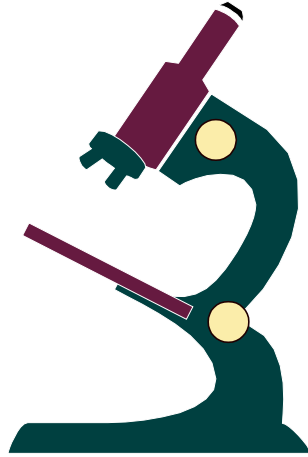
"We get the students pumped up," said Sgt. 1st Class David Cundiff, an exhibitor with the U.S. Army Recruiting Command. "We create a lot of excitement, and hopefully create an attitude so that the next time science is done in the class, they're interested."

The team is not there to teach or recruit, Cundiff said. However, they are planting seeds in the minds of their audience of third-to-eighth graders, he said.

"After the presentation, the students ask about our jobs in the

Army, and they think soldiering is cool," Cundiff said. "Most teachers are impressed with the Army's service to the community, and that opens the door for recruiters."

Cundiff was recognized for his work with the students by a Georgia television station. He



was one of 30 people to receive the Golden Apple Award, which recognizes teachers and educational professionals for outstanding achievement. Nominations for the award come from teachers, parents, students and community residents.

Sponsorship from USAREC

started in 1992 with one mobile van, but the idea for the partnership came from a Signal Corps general in the late 1970s, Fry said.

Retired Lt. Gen. William Hilsman, a former commanding general of the U.S. Army Signal Center, Fort Gordon, Ga., was responsible for training young soldiers in fairly complex military specialties, Fry said. However, a lot of money and time was being spent on remedial training to equip them with the basic math and science skills, he added.

"When Hilsman talked to his friends in academia, business and industry, he found that students were coming out of high school going into college and jobs lacking the background they needed to be successful," Fry said. "From there the program was born."

Since its inception, one of the major challenges has been judging its effectiveness.

"We don't control all of the variables, so producing solid research that says we did this and this occurred is difficult," Fry said. "What we do have is

anecdotal feedback, which is letters from people who have told us they've gone on to be math or science teachers because of the program.

"We've also received letters from people who joined the military and attributed their interest to seeing positive NCOs."

The NCOs that run the Mobile Discovery Centers are only a small fraction of the military support given to the National Science Center, Fry said. The organization is assigned to Fort Gordon and its mathematics, science and technology center receives support from the Signal NCO Academy, Fry said.

Fort Discovery opened in April 1997 and now has more than 250 participatory exhibits for students. Over the past three years, the NSC has been a leading producer of distance learning programs in Georgia and nationally within the Department of Defense, Fry said.

More information about the NSC can be found on the center's Web site at <http://www.NationalScienceCenter.org>.



# Confronting man’s worst enemy, the mosquito

By Capt. Brian Evans  
Special to the News Leader

Mosquito populations in and around San Antonio have drastically increased as a result of the recent flooding. It is expected that the numbers will continue to increase over the next several days. Besides being a great nuisance, should we worry about West Nile Virus (WNV)?

In 1999, 62 human cases, including seven deaths, occurred in the New York area. WNV was a big deal at that time since it had never been found in this country. In addition, it had “invaded” one of the most populated cities in the U.S.

In 2001, 50 human cases including five deaths were reported from 25 states and the District of Columbia. In the Houston metropolitan area, several birds have tested positive for WNV so far this year. WNV has not yet been detected in San Antonio.

People become infected with WNV by the bite of an infectious female mosquito. Only certain species of mosquitoes are infectious. Feeding on infected birds infects mosquitoes. It is through this means that they can infect other birds, horses or humans. It is not transmitted from person to person.

According to the Centers for Disease Control and Prevention, even in areas where WNV has been documented, less than 1 percent of the mosquitoes are infected. In addition, less than 1 percent of the individuals who are actually bitten by an infected mosquito develop severe symptoms. Therefore, serious cases of WNV are a very rare occurrence.

Is there cause for concern? No, as long as you implement certain preventive measures:

- Eliminate standing water around your home and in your neighborhood.
- Do not allow puddles to form on your lawn as a result of excessive watering.
- Place tiny holes in the bottom of recycling bins that do not have lids.
- Repair leaky pipes and outside faucets.
- Replace the water in birdbaths.
- Get rid of old tires.
- Prevent bottles, tin cans, buckets or drums from collecting water.
- Wear a long sleeve shirt or pants if you are going to be outdoors at dawn, dusk, or the early evening.
- Spray insect repellent on

clothing and rub it gently on your face, ears, neck, and hands.

BAMC Preventive Medicine Services, in conjunction with the Texas Department of Health, is conducting mosquito surveillance. The presence of WNV in mosquitoes is being monitored on Fort Sam Houston and Camp Bullis. When necessary, the Public Works Business Center Pest Control will implement the proper control measures. Over the next several days they will begin to fog to control the mosquito populations throughout Fort Sam Houston. Keep in mind that mosquitoes can come from as far away as two to three miles from anywhere outside the installation. Although fogging will achieve a certain degree of control, it will not be 100 percent effective.

Managing the mosquito populations and protecting yourself from WNV is a cooperative effort. Do not be swallowed up by the media fervor regarding WNV. Do not become alarmed if WNV shows up in the San Antonio area. Instead, just follow the precautions above and you will have done your part to protect yourself and the welfare of those around you.

## Test your knowledge of history

Think you know a lot about history? Take the following history quiz. Put the following ten events in chronological order, oldest to newest. The first five people to bring the correct answer to the Fort Sam Houston Museum will receive a copy of “Surrounded by History.”

- Fort Sam Houston is named “Fort Sam Houston”
- First authorization for the purchase of toilet paper by the Army
- Theodore Dobol is the first soldier appointed as Command Sergeant Major
- Coca-Cola is invented
- John L. Clem, last serving Civil War veteran, retires from the Army
- FAX machine is patented
- Former Contract Surgeon Leonard Wood is appointed Army Chief of Staff
- The Oreo Cookie is invented
- The War of 1812 ends
- Army adopts C-Rations as standard

Correct answers will be hermetically sealed in Tupperware until 10 a.m. on Thursday. The decision of the judges is final. Correct answers are determined primarily from information appearing on the History Channel. The correct answers will be published in a later issue of the News Leader.

The FSH Museum is located at Bldg. 123, 1207 Stanley Rd. Open 10 a.m. to 4 p.m. Wednesday through Sunday. Phone No. 221-1886





Courtesy Photo

Twelve-year-old Phillip Flynn, riding his horse, "Streakin Magic," was selected as the 2002 Texas Quarter Horse Youth Association 13 and under Jumper Division Year-End Award winner. He will represent Texas in the 31<sup>st</sup> Annual American Quarter Horse Youth Association World Championship Show and Convention in Fort Worth, Texas, August 1 through 10. Flynn is trained by Cindy Tripoli of the Fort Sam Houston Riding Stables and is the son of Lt. Col. Timothy and Susan Flynn.

## Citizens advised to request proper identification before flood-damaged property is inspected

In the next few weeks, representatives from FEMA will be assessing property damage to homes and businesses in areas that were affected by recent floods. Property owners are advised to ask for proper identification, including a FEMA identification card and a driver's license, from representatives before they are allowed to inspect their property.

City officials also are asking property owners to be aware of dishonest contractors. City ordinances call for permits for certain types of repair work. The Development Services Department offers the following guidelines for property owners to follow when having repair work done:

- Make sure the contractor is currently licensed and has proper insurance.
- Obtain bids from at least two (2) licensed contractors.
- Make sure you understand the scope of work.

- Have the contractor put in writing the extent of the work to be done, the cost and any warranties. Do not sign anything you do not understand.

- Make sure the company you select obtains appropriate permits before they begin the repair work.

- Make sure the work is complete, all required inspections have been approved and that the contractor cleans the area of all debris before authorizing final payment.

The Development Services Department will issue permits for this type of work only to licensed home improvement contractors (for single-family residences) electrical, plumbing, heating and air conditioning work. Flood victims should insist on seeing proof of a license. To check for valid license holders or for general information, call 207-7776 or visit [www.sanantonio.gov/dsd](http://www.sanantonio.gov/dsd).

# Firm commitment and aggressive exercise program transforms body and mind

By Margaret McKenzie  
Special to the News Leader

On February 26, 1998, weighing 335 pounds and steadily putting on more weight, Pawnee Williams, decided to do something about her weight. Now, after an aggressive exercise program and a firm commitment to herself, she has shed 157 pounds and weighs 178 pounds.

Her story goes back to the day she broke her parent's bed and was so embarrassed by this. When her self-esteem was waning, and she wore clothes sizes 26 to 28. She remembers one night as she lay in bed and had great difficulty breathing. She recalls gasping for air and then asking the Lord to help her live till the next morning. She then made a promise to turn her life around if she could get through the night. The next morning, when she got out of bed, she decided to walk just one block. At first she was unable to complete her goal of one block. Each day she would try just a little harder and go a little farther. In addition to walking, there were other things in her life that she felt needed to improve, such as a positive

attitude towards life and her self-esteem.

Williams started walking on the track at the school near their home, but found it boring. Williams decided to make her daily walks more fun. She mapped out the path she would walk each day, which took her through her mother's neighborhood. Her mother, who is an avid walker scoffed at her when she said she would lose the weight and that her goal was 170 pounds. For the moment, however, her short-term goal was to complete a two-mile walk.

On Mother's Day of 1998, she completed a mile. The joy she felt at accomplishing this was enough to give her the motivation to continue. By June 6<sup>th</sup> of the same year she had lost 55 lbs. With her self esteem returning, she was now more motivated then ever. She promised herself that she would lose enough weight so that she could sit comfortably in a chair at her daughter's graduation along with the rest of her family. She accomplished this goal and sat proudly at her daughter's graduation.

Her brother, who is a fitness trainer, advised her that in order to lose more weight and tone her arms at the same time she should walk with small weights and take vitamins. She decided to go to the Jimmy Brought Fitness Center because the center has a wide variety of programs and state of the art workout equipment. She was also beginning to gain back some of the weight she had lost and that was the last thing she wanted to do.

Her body now needed a new challenge, and the inches were harder to lose. But Lucian Kimble, Fitness Trainer at the Jimmy Brought Fitness Center, introduced her to the 60-Days of Fitness program that he coordinates at the Fitness Center. They both decided that this was a good place to start. He did a body fat analysis on her and had her attend nutrition classes. She eliminated all the junk food and sodas from her diet and drank more water. She started her workout program with water aerobics, and then continued with 15 minutes of level 10 stair climbing, working legs, arms and stomach with weight machines and 200 sit-ups. Each

morning she starts at 6:10 and completes her workout by approximately 9:30. At night she does more leg exercises and crunches.

Williams remembers one day she had to get something from the medicine cabinet in the bathroom. When she closed the medicine cabinet, she glanced at the mirror, something she rarely did since the weight was returning, to her amazement she did not recognize the person looking back at her. Her face was thin, the heavy second chin was gone, and a young healthy woman was looking back at her instead of a fat older woman.

"People don't seem to understand how painful it is for you when you are fat and try to lose weight" she said. "You have to work at it constantly. You have to watch every morsel you eat and at times you really don't want to watch it, you just feel like eating, but that is a luxury you cannot afford if you intend to stay healthy".

Williams plays mind games with herself. She visualizes training with her brothers who are fitness trainers. She tells herself she is going to get into

smaller size clothing, and

then pushes herself to the point where she is able to do that. She keeps her pair of size 26 shorts hanging where she can see it daily as a reminder not to be that heavy again. Her new goal is to weigh 170 pounds but thinks that is unrealistic because she is very tall. But she says she will be happy at 175 pounds.

Recently she surprised her daughter, who had been away at college with her new look. This was the first time her daughter had really seen her mother at a size 12.

Williams, who now attends college full time, says both her grades and self-esteem have improved. She says she eats in moderation and lives life with a great sense of self worth. The best advice she can give to others who are currently over-weight and who are considering losing weight is to take it one day at a time. Set goals as you go along and stick to them. Eat healthy and cut out fatty foods and junk foods.



Pawnee Williams

# New AR 670-1 updates PT uniform wear criteria

The Physical Fitness Uniform (PFU) and the IPFU are authorized for wear on and off duty, on and off the installation, when authorized by the commander. The PFU and IPFU are authorized for wear in transit between an individual's quarters and duty station. Soldiers may wear all or parts of the PFU or IPFU off the installation, when authorized by the commander.

The only insignia authorized for wear on the PFU or IPFU is the physical fitness badge. When the physical fitness badge is worn, it is sewn on the upper left front side of the PFU and IPFU T-shirt, and the PFU sweatshirt. On the IPFU running jacket, the insignia is sewn centered 1.2 inches above the word "Army." AR 600-8-22 describes the criteria for wear of the physical fitness badge.

Soldiers may not mix or match PFU and IPFU items. When soldiers wear either the PFU or IPFU as a complete uniform, they will keep the sleeves down on the sweatshirt or jacket, the legs down on the pants, and they will tuck the T-shirt inside the trunks. Soldiers may not roll or push up the sleeves of the PFU sweatshirt or the IPFU jacket. Soldiers may wear the sleeves of the PFU sweatshirt cuffed or uncuffed; they may not cuff the IPFU jacket sleeves. Soldiers will wear the black knit cap pulled down snugly on the head, with the bottom edge of the cap folded up; soldiers will not roll the edge of the cap. A similar, commercially designed black knit cap is authorized for wear. There are no restrictions on the combination of IPFU items worn, unless the commander has

prescribed a particular combination for formation. Soldiers can wear either the PFU and IPFU until all soldiers acquire the IPFU by the mandatory possession date. Pregnant soldiers will wear the PFU or IPFU until the uniform becomes too small or uncomfortable. Pregnant soldiers are authorized to wear

the T-shirt outside the trunks. At no time will commanders require pregnant soldiers to purchase a larger PFU or IPFU in order to accommodate the pregnancy. When the uniform becomes too small or uncomfortable, pregnant soldiers may wear equivalent civilian workout clothes.

## Blood donations needed

Blood donations are needed year round. Soldiers involved in Operation Enduring Freedom are counting on us to be there for them. If you make a fist now, we will give you a hand later. It is important to keep a steady flow of blood donors donating on a regular basis. To donate blood now, call the Akeroyd Blood Donor Center at 295-4655 or 295-4989.



EVERY DROP COUNTS



# Scuba diving opportunities available for those six to sixty

By Emily Freeman  
Special to the News Leader

Scuba diving courses are available at the introductory level as listed below:

**Surface Air Supply for Youth -** This course is designed for children from six to twelve. It incorporates a special lifejacket style of BCD that will not allow the person to go under the water. A small 14 cubic foot tank as well as regulator with small mouthpiece and submersible pressure gauge (SPG) makes up the unit.

The young diver needs a mask and fins but the system is usually supplied to use as part of the course. The course consists of some poolside academics, but is concentrated on using the equipment safely. Within minutes the young diver is swimming around breathing from the unit without having to worry about clearing the snorkel or sinking. There are usually about 4-6 hours of pool time and an optional river drift (accompanied by one of the parents.

The cost of the course is \$75 and includes the river drift and use of the system as well as certification in SASY. Sign up at the Brought Fitness Center for the course. If additional informa-

tion is needed you can call Duggan Diving at 658-7495.

**Bubble Blowers -** This is for youth from eight to 12 who want to try real scuba in a pool environment. They are supplied special small sets of gear to use and learn all the aspects of scuba diving and practice the skills in the shallow end of the pool. There are six hours of academic and six hours of pool required for the course. Follow-on pool diving with PADI Seals or Scuba Rangers is available. This also prepares the student for full open water

certification when older.

Cost is \$125 for the course. Student must supply mask, fins and snorkel. Instructor supplies scuba gear for use.

**Junior Open Water Diver -** This is the same course that the adults take, but is opened to prospective divers from ten to fourteen with certain restrictions. Youths that are ten or eleven must have a diving parent, as they are restricted to diving with either a parent (guardian) or instructor until they are twelve. From twelve

through fourteen they must dive with a certified adult diver. Once they are fifteen they receive full open water certification and have no restrictions other than the safety rules that apply to all divers.

The cost of these courses is the same as the adult scuba course: \$195. All equipment (other than bathing suit and towel) is supplied for use in the course. The course consists of four academic, four pool and four open water dives (max depth 60 feet) over a two-week period. The course

alternates academics and pool. First you learn the information in the classroom and the next night you apply that knowledge in the pool. Monday and Wednesday are academic nights while Tuesday and Thursday are pool nights. The open water dives are given over a weekend (two dives each day). There are also week-end classes given over two or three weekends when there are four students desiring it. All academic and pool work is at the Fitness Center.

**Advanced Open Water Diver -** This is

the course that really makes you a diver. It has limited academics but lots of diving. There are five dives required: Night Dive, Deep Dive, Navigation Dive and two elective dives.

The cost of this course is \$135 and includes the book / training package. You must either have your own equipment or rent it. One-day rental of gear (\$75) is charged for the weekend course. There must be four students to run the course.

**Snorkel Course -** This is a course open for children and

adults. It includes one academic and two pool sessions that will include surface dives and swimming techniques. A snorkel to the lake or river is included in the course. No equipment (other than life vests in the river) is supplied for this course. Cost is \$30.

Courses above are paid for at the Fitness Center. Once you have your receipt from the fitness center you can stop by Duggan Diving at 928 Coronado Blvd. Universal City, Texas for your books and equipment fitting.

# Career Clips

*The Army Career and Alumni Program office provides numerous services to eligible people in transition including job assistance. Information on these and other positions is available to ACAP customers in the ACAP office, Bldg. 2264 or call 221-1213.*



**Marketing Programs Developer** - San Antonio. Develops, executes, and manages marketing programs to communicate product and business communications projects utilizing direct mail, print media, electronic and other specialty media.

**Accounting Manager, Hospital** - San Antonio. Duties include overseeing general ledger, month-end close, bank reconciliation, account analysis, bad debt analysis, operational assessment, financial reporting, budget and audits.

**Network Systems Operator** - San Antonio. Helps maintain a Digital Broadband System (WAN over fiber/coax) and status monitoring IT systems. Performs general systems maintenance, system backup and restore operations. Adds new service application suites, and maintains systems security and data integrity.

**Service Technician** - San Antonio. Requires electrical and mechanical background. Make service calls to customers 's locations. Trouble shoot, repair equipment or order parts. Take phone calls regarding parts ordered and to be ordered and provide leads for sales professionals.



Courtesy Photo

Vice Admiral John B. Totushek (2ndf from left), Commander U.S. Naval Reserve Force, discussed the state of the Naval Reserve and the Navy's war on terrorism at a local Navy League luncheon June 18 at the Fort Sam Houston Golf Clubhouse. Standing with Totushek (left to right) are: Captain Eugene Barron, Officer in Charge, San Diego Detachment, Naval School of Health Sciences, Fort Sam Houston; retired Naval Captain Donald Beck, president of the local Navy League; Commander Clifford Pish, commanding officer Naval-Marine Corps Reserve Center, Fort Sam Houston and Commander Kevin Reynolds, Executive Officer, Naval Recruiting District, San Antonio. Barron, Pish and Reynolds are involved in Naval activities located as tenant units on Fort Sam Houston.

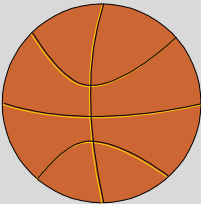
## Recreation and Fitness News

**Get Your Body in Shape** - Aerobics classes offered at the Jimmy Brought Fitness Center include, Water Fitness, Low-Impact Step, Kick Step Combo, Cardio Step and more. For information and class schedule, call Lucian Kimble at 221-2020 or 221-1234.

**Varsity Soccer Players** - Soccer players are still needed. For information, call 221-1180.

**Power Lifting Team** – Power lifters are needed to form team for competition. Compete in Squatting, Benching and Dead-Lifting, for information or to register, call 221-2020 or 221-1234.

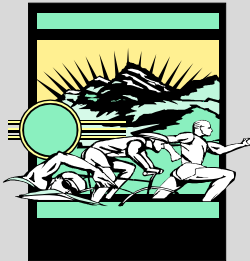
**Varsity Basketball** - Coaches are needed to coach basketball. If interested, send your resume to Earl Young, Jimmy Brought Fitness Center, Bldg. 320 or via e-mail [earl.young@cen.amedd.army.mil](mailto:earl.young@cen.amedd.army.mil). For information, call 221-1180.



**Varsity Flag Football** - Coaches are needed to coach flag football. If interested, send your resume to Earl Young, Jimmy Brought Fitness Center, Bldg. 320 or via e-mail [earl.young@cen.amedd.army.mil](mailto:earl.young@cen.amedd.army.mil). For information, call 221-1180.

**Party at the Aquatic Center!** - Host your unit’s next function or schedule a private party at the Aquatic Center. The fee is \$60 per hour with a 2-hour minimum, 4-hour maximum. All parties must be scheduled before the pool opens for the day or after it closes for the evening. For information, call Sam Parisi at 221-4887.

**Heart of Texas Triathlon Series** - Three more triathlons in the Heart of Texas Triathlon series are scheduled for July 14, August 4 and August 18. All triathlons start at the Fort Sam Houston Aquatics Center, 3300 Williams Road. Early registration for these races is a must, for information, call 221-1234 or 826-1888. The Heart of Texas Triathlon Championship is (tentatively) scheduled for September 8 at Canyon Lake.



**Bench Press Contest** - Get set for the September 21 Bench Press Contest at the Jimmy Brought Fitness Center. Weigh-ins will be held from 9:30 to 10:30 a.m., the competition will start at 10:40 a.m. For information, call Lucian Kimble at 221-2020.

**Lunch Hour Fitness Clubs** - The Jimmy Brought Fitness Center offers lunch hour fitness clubs geared for your lunch hour workout. Call Lucian Kimble at 221-2020 for more information on these interesting workout sessions.

**60 Days of Fitness** – The Fitness For Your Health Office at the Jimmy Brought Fitness Center will be offering another session of the “60 Days of Fitness” Program August 5 through October 5. A \$10 fee will be charged to each participant. For information, call 221-2020.

Note: Canyon Lake Recreation area is closed due to flooding until further notice. For information, call (830) 964-3387.





# Skies clear for 4th of July Salute to the Union ceremony



Special Troops Battalion Honors Platoon provided the traditional cannon salute. According to military customs, one gun is fired in honor of each state beginning at noon on the fourth of July at every post provided with suitable artillery. The 4th of July Salute to the Union ceremony was held in front of the post flagpole.

Photos by:  
**Esther Garcia**

Col. Gary Sadlon, acting U.S. Army Garrison commander, thanked everyone for “attending and helping us celebrate a very special day.” Sadlon was the host for the 4th of July Salute to the Union ceremony.

“Shortly you will hear that this cannon salute is the Army’s traditional ceremony to recognize the men and women who contributed so much during the past 227 years to achieving and defending our freedoms as a democracy.”

Col. Gary Sadlon  
Acting U.S. Army Garrison Commander



Ignoring the dark clouds on the morning of July 4<sup>th</sup>, approximately 200 patriotic Americans joined Fort Sam Houston to celebrate the two hundred twenty-sixth anniversary of the birth of our nation. Radio station 102.7 KTFM held a live broadcast of the ceremony and provided patriotic T-shirts.



The 49th Armored Division Band, Texas Army National Guard, from Austin, Texas joined the Fort Sam Houston community to celebrate the 4th of July. Under clear skies the band entertained the crowd with songs such as “Yankee Doodle”, “God Bless America” and the “The 4th of July,” which is a medley of 16 patriotic songs. The band is under the direction of Chief Warrant Officer James P. Manzo.



Phillip Pich rang the bell thirteen times to commemorate the original thirteen colonies which first formed the United States of America at the 4th of July Salute to the Union ceremony.



Jonathan Moore watches as his little brother, Timothy, pulls a U.S. flag from the ground. The flags, which were used to decorate the area around the post flagpole for the 4th of July ceremony, were offered to the families at the conclusion of the ceremony to take home.



# Musical recounts lives and battles of four Hispanic heroes

From *Veteranos* Page 1

The warrior traces the proud contributions of these four Medal of Honor recipients and pays final tribute to the 39 Latino men awarded the country's highest level of distinction for bravery in a final scene as the names roll across a large screen.

Officially, the Department of Defense records David Barkeley as a Medal of Honor recipient. "Veteranos" tells the story of David Barkeley Cantu, pointing out Barkeley dropped his mother's maiden name, Cantu, to prevent his Hispanic roots from detection.

Just prior to leaving for the military, he tells his mother to remember her promise — "don't use my Mexican name." The Laredo born Barkeley, who grew up in San Antonio, said "all my life, I felt like I had to prove that I matter, like everyone else."

And prove it he did. Serving in France, he found himself swimming in the icy November waters of the Meuse River to obtain information for a detailed map of enemy gunnery positions. Crawling behind enemy lines, he and another soldier, obtained the necessary information. Barkeley entered the river to return to his unit but fell victim to the icy waters and drowned. His detailed information is credited with silencing German guns. The 20-year old Barkeley's body lay in state at the Alamo before he was buried at the San Antonio National Cemetery. In 1989, DoD recognized David Barkeley as the first Hispanic to receive the Congressional Medal of Honor.

Marcario Garcia who entered the military from Sugar Land, Texas, is credited in November 1944 with single handedly wiping out two German machine gun positions. Despite being awarded the highest award for conspicuous gallantry, Garcia

was arrested after World War II for an altercation in a Sugar Land diner that began after the waitress and owner refused to serve him suggesting "his kind should eat elsewhere."

Found "not guilty" by a Fort Bend County jury, Garcia obtained his U.S. citizenship in 1947, going on to work as a Veterans Administration counselor until tragically losing his life at 52 in a car accident.

"Forgotten War" hero, Pfc. Eugene Arnold Obregon received the Medal of Honor for saving a fellow marine during the Korean War. Just 20 at the time, Obregon rushed to rescue another Marine injured by enemy fire. Firing his pistol, he rescued his comrade dragging him to the side of the road, where he began bandaging his wounds. When hostile fire ensued, Obregon shielded the injured Marine with his own body and began firing back at the enemy until machine gun fire fatally wounded him. Obregon's courage allowed the wounded Marine to be rescued.

The most dramatic and poignant scene of the musical depicts Texas hero, Master Sgt. Roy Benavidez, as he struggles to recover from injuries sustained in a 1965 land mine explosion in Vietnam. Told he would never walk again, Benavidez, astounds his medical team at Brooke Army Medical Center when he's finally able to walk out of Beach Pavilion returning to the 82nd Airborne Division on jump status despite excruciating back pain.

Returning to South Vietnam in 1968, Benavidez, who was referred to by his call sign — Tango Mike Mike for "That Mean Mexican" is credited with saving eight soldiers under intense enemy fire. Benavidez was severely injured during the operation but despite his wounds managed to take out the enemy

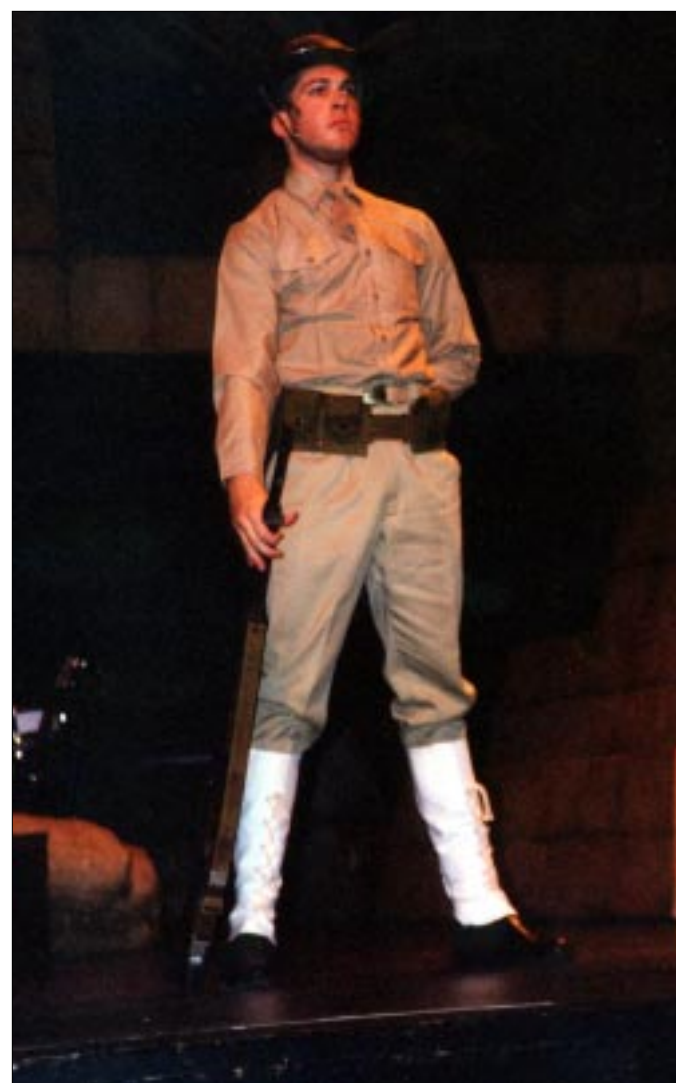
with hand-to-hand combat and evacuate wounded team members.

It took more than a dozen years for his Distinguished Service Cross to be upgraded in 1981 to a Medal of Honor presented by President Ronald Reagan. Benavidez, who was orphaned at three when his folks died from tuberculosis, left high school at 16 to join the Army. Testifying for Congress on keeping Social Security benefits for veterans, Benavidez said "there would never be enough paper to print the money or enough gold in the vaults at Fort Knox that you could give me to keep me from serving my country, or helping my fellow comrades — my brothers-in-arms. For I live for duty, honor and country."

A Green Beret, Benavidez, died in November 1998 and is buried at Fort Sam Houston National Cemetery. His wife, Lala, still resides in El Campo, Texas.

The traveling theatrical production is part of a four-city tour. Slides with actual DoD footage compliment the stories. A live band performing corridos, do-wop and classical numbers accompanies the cast of actor, singers and dancers. The show's impact is powerful and enlightening. A 1500-square foot living-history military exhibit consisting of photos, personal artifacts and memorabilia from all 39 Hispanic Congressional Medal of Honor recipients was also displayed.

The show produced by Four Brown Hats entertainment moves to Houston and then will play in Washington, D.C., with the president expected to attend. The production is funded by the Military Order of the Purple Heart Association and U.S. Army Recruiting Command as well as corporate sponsors.



Daniel Chacon, portrays World War I hero David Barkeley Cantu, who is also recognized as the first Hispanic to receive the Congressional Medal of Honor.



Actor Emiliano Torres, portrays the late Master Sgt. Roy Benavidez in the musical drama, "Veteranos: A Legacy of Valor" on June 28.

Photos by:  
**Nelia Schrum**



Right to left, Medal of Honor recipient Louis Rocco, introduces guests Robert O'Malley, Hiroshi Miyamura, retired Sgt. Maj. Benito Guerrero, and Gerry Murphy. O'Malley, Miyamura and Murphy are also Congressional Medal of Honor recipients. Guerrero was instrumental in bringing the production, "Veteranos: A Legacy of Valor," to San Antonio.



Veteran Jose Mata is surrounded by his wife and Maj. Gen. Alfred Valenzuela, commander, U.S. Army South, who formally presented the Purple Heart Medal prior to the start of the musical. Mata was awarded the Purple Heart for wounds received in Vietnam in 1968.



# DoD pays employees' FEHB premiums for some Guard, Reserve members called up

By Gerry J. Gilmore  
American Forces Press Service

Some DoD civilian employees in the reserve components who are called to active duty will see Uncle Sam pick up their Federal Employee Health Benefits Program premiums.

The new personnel policy, recently authorized by Deputy Defense Secretary Paul Wolfowitz, applies to call-ups for contingency operations under Title 10 of the U.S. Code.

"This is a really good benefit for our civilian employees in the Guard and Reserve who are deployed in support of contingency operations," said Nancy J. Wilson, chief of the Employee Benefits and Records Management Division, Human Resource Services Center, Washington Headquarters Services, in the Pentagon.

Depending on their health care plan, Wilson pointed out, participants can save up to \$50 a week.

Eligible DoD civilians also may obtain retroactive reimbursement of their FEHBP premium payments if they were called to active duty for certain crises on or after December 8, 1995, according to a June 3 DoD personnel document listing the

change. Filing procedures for these payments are still being developed and will be announced when available.

Reserve component members affected by the retroactivity policy change include those called to active duty in support of operations in:

- Bosnia, by Executive Order 12982, effective date December 8, 1995.

- Iraqi Crisis, by Executive Order 13076, effective date February 24, 1998.

- Kosovo, by Executive Order 13120, effective date, April 27, 1999.

- September 11, 2001, terrorist attacks on America, Executive Order 13223, with effective date September 14, 2001.

The personnel document noted that to be eligible for retroactive reimbursements, the DoD civilian employee must have been: enrolled in the FEHBP at the time of call-up and elected to continue coverage while on active duty; a member of the reserve components of the armed forces; ordered to active duty voluntarily or involuntarily in support of a contingency operation as defined in Section

101(a)(13), of Title 10, U.S. Code; and placed on civilian leave without pay or separated from service to perform active duty.

The maximum period of eligibility for each period of active duty is 18 months. DoD civilian employees who are guardsmen are ineligible for reimbursements for periods they are or were ordered to duty under Title 32 of the U.S. Code or any provisions of state, territorial or District of Columbia codes. Current eligible participants must provide their personnel administration offices with an official written copy of orders stating they are being assigned to active duty in support of a contingency operation under the Title 10 authority.

Upon receipt of valid military assignment orders, the service member's personnel office will prepare and forward the required paperwork. "It's important that individuals notify their benefits specialist as soon as possible," Wilson said. The specialist will work with the employee to make sure that all applicable benefits process smoothly, including the new provisions for payment of FEHB premiums, she noted.

## Health Promotion Center

### July Class Schedule

Class	Date	Time
Cholesterol and Lipids	8	9-11:30 a.m.
Stress Management	9	10-11:30 a.m.
Diabetes Education	9	12:45-4:00 p.m.
Office Yoga	10	Noon-1 p.m.
Weight Management	11	8:30-10 a.m.
Self Care and Health	11	9-11 a.m.
Asthma Part 1	15	1-3 p.m.
Arthritis	16	9:30-11 a.m.
Diabetes Education	16	12:45-4 p.m.
Tobacco Cessation		
"Readiness to Change"	16	5-6:30 p.m.
High Blood Pressure	17	9 a.m.-noon
Office Yoga	17	Noon-1 p.m.
Fibromyalgia Support Group	17	1-3:30 p.m.
Body Fat Testing	19	8-11 a.m.
Cholesterol and Lipids	22	9-11:30 p.m.
Diabetes Education	23	12:45-4 p.m.
Office Yoga	24	Noon-1 p.m.
Fibromyalgia Self-Help	24	1-3:30 p.m.
Self Care and Health	25	1-3 p.m.
Back Pain	25	2-3:30 p.m.
Breast Health	26	11- noon
Weight Management	29	1-2:30 p.m.
Diabetes Education	30	12:45-4 p.m.
Office Yoga	31	Noon-1 p.m.
Osteoporosis	31	5-6 p.m.

Call the Health Promotion Center to register for all classes at 916-3352, except Fibromyalgia Self-Help, Fibromyalgia Support Group, Diabetes Education, Diabetes Support Group, and Weight Management.

To register for Diabetes Education call Internal Medicine Clinic at 916-0840 (even if you are in Tricare Prime), select Option 2.

To register for Weight Management call Nutrition Care Division at 916-5525. Fibromyalgia Self-Help requires your primary care provider to send a consult to Behavioral Medicine Clinic.

# Long-Term Care 'Open Season' offers streamlined enrollments

By Gerry J. Gilmore  
American Forces Press Service

Military members, federal employees, and their spouses, have a six-month window starting July 1 to take advantage of a streamlined application process for the Federal Long-Term Care Insurance Program.

Federal personnel officials estimate that 20 million people may be eligible to enroll. The insurance is offered by the John Hancock and MetLife insurance companies through a contract with the Office of Personnel Management.

"The U.S. Office of Personnel Management is pleased to sponsor this important new benefit program, which is likely to be the largest employer-sponsored long-term care insurance program in the nation," OPM Director Kay Coles James noted on the program Web page at [www.opm.gov/insure/ltc](http://www.opm.gov/insure/ltc).

Long-term care insurance helps people with chronic health conditions to pay for caregivers and services that help them do such things as get out of bed, wash, dress, eat, go to the toilet, and other activities that the ill and frail find difficult, according to OPM.

Long-term care may be

provided at home, in a nursing home or in an assisted-living facility. Long-term care is not medical care and usually isn't covered by medical insurance plans. Likewise, the long-term insurance program does not cover medical care expenses or medicines.

During the program's first "open season," from July 1 through Dec. 31, eligible military members, federal civilians, and their spouses need to answer a few health questions as part of the streamlined underwriting process.

Underwriting is key: It determines an applicant's level of risk, eligibility to participate, premiums and benefits.

On the other hand, because premiums for long-term care insurance are based upon age and state of health, all federal civilian and military retirees must undergo full underwriting, which involves answering more health-related questions and providing more information.

The Long-Term Care Partners [ <http://www.opm.gov/insure/ltc> ] Web site, [www.ltcfeds.com](http://www.ltcfeds.com), slated to debut July 1, will feature open season information kits and application instructions.

There may be additional FLTCI Open Season enrollment

windows, but none are scheduled or promised at this time, program officials said. Procedures and rules may change for future open seasons, they added.

The long-term care insurance program for federal employees

## Travel expenses for specialty medical care may be reimbursable

By Sgt. 1st Class Kathleen T. Rhem  
American Forces Press Service

Travel expenses incurred while seeking specialty care are reimbursable in certain circumstances under new TRICARE rules.

Nonactive duty TRICARE Prime beneficiaries can be reimbursed for "reasonable travel expenses" when they are required to travel more than 100 miles from their primary care manager's office, according to information provided by TRICARE officials. This benefit is retroactive to Oct. 30, 2000.

The new rules also allow one nonmedical attendant to accompany the nonactive duty patient. This benefit is retroactive to Dec. 28, 2001.

"establishes the federal government as a pacesetter in the marketplace," James noted, "and reflects our commitment to and concern for you, the men and women who work for America."

To consult with a certified

long-term care insurance specialist, call 1-800-LTC-FEDS (1-800-582-3337) or TDD 1-800-843-3557. This service is available 8 a.m. to midnight (Eastern Time) seven days a week.

Some specifics must be met for reimbursement:

- The primary care provider must refer the patient for the specialty care.

- The travel distance for specialty care must be at least 100 miles from the primary care manager's office, regardless of the distance from the patient's home.

- To qualify for reimbursement for a nonmedical attendant's expenses, the patient's primary care manager must indicate the attendant is medically necessary. The attendant also must be a parent, guardian, or other family member aged 21 or older, TRICARE officials said.

Actual expenses for lodging and meals will be reimbursed up

to the government per diem rate for the location of the specialty care. Receipts are required for amounts more than \$75. Government per diem rates can be found on the Internet at <http://www.dtic.mil/perdiem/pdrates.html>.

TRICARE officials advise travel reimbursement is handled by each service, so the program may vary slightly among services. They recommend patients with questions or seeking reimbursement contact their local TRICARE beneficiary counseling and assistance coordinator. To locate the nearest coordinator, visit <http://www.tricare.osd.mil/beneficiary/beneficiary/BCACDirectory.htm>.

Lunch is served from 11:00 A.M. TO 1:00 P.M.

# THE OFFICERS' CLUB

## July

### LUNCH BUFFET

\$5.95/\$4.95 for Club Members

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken Marengo Sliced Roast Beef Chef's Special	2 GOLDEN FRIED CHICKEN Sweet & Sour Meatballs w/Rice Chef's Special	3 Texas BBQ Ribs King Ranch Chicken Chef's Special	4  Club Closed Independence Day	5  Club Closed
8 Pepper Steak Turkey & Dressing Chef's Special	9 GOLDEN FRIED CHICKEN Creole Pork Chops Chef's Special	10 Texas BBQ Ribs Chicken Fried Steak Chef's Special	11 MEXICAN FOODS Cheese Enchiladas Brisquet Joe's Beans	12 Fish Fry Southern Fried Fish Hawaiian Baked Ham Chef's Special
15 Cabbage & Ham Pan Fry Beef Stew Chef's Special	16 GOLDEN FRIED CHICKEN Meatloaf & Mushroom Gravy Chef's Special	17 Texas BBQ Ribs Baked Chicken Chef's Special	18 MEXICAN FOODS Chicken Tacos Spaghetti w/Meatballs Joe's Beans	19 Fish Fry Southern Fried Fish Chicken & Dumplings Chef's Special
22 Beef & Vegetable Pie Sausage & Peppers Chef's Special	23 GOLDEN FRIED CHICKEN Beef Tips & Noodles Chef's Special	24 Texas BBQ Ribs Creamed Turkey & Mushroom Crepes Chef's Special	25 MEXICAN FOODS Beef Enchiladas Chicken Tenders Joe's Beans	26 Fish Fry Southern Fried Fish Swedish Meatballs Chef's Special
29 Chicken Country Captain Grilled Pork Chops Chef's Special	30 GOLDEN FRIED CHICKEN Lasagna Chef's Special	31 Texas BBQ Ribs Chicken A La King Chef's Special		

224-4211

# Fort Sam Houston's NCO CLUB

## JULY

### ALL YOU CAN EAT BUFFET

\$5.95/\$4.95 for Club Members  
Includes: Beverage, Soup & Dessert

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CLOSED EVERY MONDAY!!!	2 GOLDEN FRIED CHICKEN Spaghetti & Meat Sauce	3 Lasagna	4 HAPPY BIRTHDAY Club Closed	5 Club Closed
8 CLOSED EVERY MONDAY!!!	9 GOLDEN FRIED CHICKEN Liver & Onions Meatloaf	10 Chicken Alfredo	11 FRIED CHICKEN/BBQ RIBS EVERY THURSDAY!!! 	12 FRIED & BAKED FISH EVERY FRIDAY!!! CHEF'S SPECIALS!!! 
15 CLOSED EVERY MONDAY!!!	16 GOLDEN FRIED CHICKEN Grilled Pork Chops w/Dressing	17 Sliced Roast Beef	18 Chicken Fried Steak	19 FRIED & BAKED FISH EVERY FRIDAY!!! CHEF'S SPECIALS!!! 
22 CLOSED EVERY MONDAY!!!	23 GOLDEN FRIED CHICKEN Salisbury Steak	24 CHICKEN FAJITAS & ENCHILADAS EVERY WEDNESDAY!!! Chicken & Dumplings	25 Chicken & Dumplings	26 DON'T FORGET!! BINGO BUFFET (PLAYERS EAT FREE!!) Thursday & Friday (doors open at 1700) Saturday (doors open at 1100) Live Entertainment EVERY FRIDAY in Sam's Sports Bar STARTING AT 1800 hrs!! Big Bucks Bingo is the 1st Sunday of Every Month - YOUR NEXT BIG BUCKS IS 7 JULY 2002!
29 CLOSED EVERY MONDAY!!!	30 GOLDEN FRIED CHICKEN Beef Tips	31 CHICKEN FAJITAS & ENCHILADAS EVERY WEDNESDAY!!! Chicken & Dumplings		

Lunch served from 11:00 a.m. to 1:00 p.m.

# Fort Freebies

*All Freebies are published on a first come, first serve basis. Commercial advertisements are prohibited. The deadline is noon Monday. Freebies are intended solely for personal household goods and privately owned property, and may only be submitted by active, retired or reserve component military members and civilian employees working on Fort Sam Houston. To submit paid classified ads or commercial advertising, contact Prime Time at 453-3300. To submit a Fort Freebie, e-mail it to: news.leader@amedd.army.mil or fax it to 221-1198. Ensure your military/Fort Sam Houston civil service status, phone number and name appears on request.*

**For Sale:** 1993 Ford Tempo, two-door, A/C, one-owner, and in good condition, \$2,600. Call 223-7960.

**For Sale:** 1992 Isuzu P/U, five-speed, A/C, and AM/FM, new tires and brakes, in great shape, \$3,000 obo. Call 264-9699.

**For Sale:** Thomas Organ, two keyboards, full octave pedals, \$150. Tappan trash compactor, \$50. Call 264-9699.

**For Sale:** Two end tables and matching coffee table \$75. Freestanding basketball hoop \$25. Call 889-9335 or 231-0215.

**For Sale:** Two Belgian rugs, one 61/2 ft. by 9 ft. 4 inches

(blues and grays) \$130, the other is 8 ft. by 11 ft. (browns) \$165. Men's 20 speed bike, \$45. Women's 10 speed bike, \$25. Call 490-3048 anytime day/ evening.

**For Sale:** 1999 Ford F-150 truck, V6, 5-speed, dual exhaust, Air, 18,000 miles, \$11K. Call 659-0317.

**For Sale:** Four tier black metal computer desk with chair, both on casters, \$35 firm. Call Mac at (210) 493-0183.

**For Sale:** Two metal desks, \$35 each, metal bookshelf, \$20, metal credenza, \$35, electrical fan \$10, blue couch \$55 and wooden bookshelf, \$35. Call (210) 885-4908.

**For Sale:** New low-pressure spray paint gun requires compressor, \$15. Call 566-3520 and leave a message.

**For Sale:** Pop-up Dutchman camper, top of the line model, king and queen beds, stove, refrigerator, toilet and shower. Will sacrifice at \$5,000. Call Mary at 671-2033 or 499-0298 after 5 p.m.

**For Sale:** Four 14" Mags with tires (P235), will fit a Ford Ranger, must see. Complete set \$200. Call (210) 566-6730.

**For Sale:** Dog kennel, 6' x 10' x6' of chain link. Two doghouses, all for \$200. Call 804-1163 or 916-5379.

**For Sale:** Sprint PCS cell phone

(Sanyo) \$30, Lazyboy brown love seat \$250, patio beige glass table and five chairs, \$85. Call 221-8529.

**For Sale:** Never used Craftsman 10" radial arm saw, 2.5 h.p, additional accessories and instruction manual, \$350. Call 661-3051.

**House for Sale:** Two-bedroom, one bath, den, one car garage with hardwood floors, exterior vinyl siding, and large fenced yard. Located approximately three miles from Fort Sam Houston. Tenant occupied, but easy to show, \$66,000. Call Mac at (210) 493-0183.

**Free to a good home:** Spayed female Australian Shepherd, one year old, and all shots. She needs to be walked or run daily on a leash, is housebroken, great with children and cats. Call Jorge at 599-2815 or Eva at 385-0415.

## Post worship schedule

### Protestant

Sunday: 8 a.m. Service, AMEDD Regimental Chapel, Bldg. 1398  
9 a.m. Traditional Service, Installation Chaplain's Office, Bldg.2530  
9:15 a.m. Troop Service, Evans Auditorium, Bldg. 1396  
10 a.m. Service, BAMC Chapel  
10:45 a.m. Gospel Service, Dodd Field Chapel, Bldg. 1721  
11 a.m. Service, AMEDD Regimental Chapel  
11:15 a.m. Gospel Service, Evans Auditorium  
12:30 Spanish Service, AMEDD Regimental Chapel

Wednesday: 9:30 to 11:30 a.m. PWOC meeting, Dodd Field Chapel (Childcare is provided for those who attend PWOC meeting).  
12 p.m. Bible Study, Dodd Field Chapel  
12 p.m. Service, BAMC Chapel

### Catholic

Saturday: 5:30 p.m. Mass, AMEDD Regimental Chapel  
Sunday: 8:30 a.m. Mass, BAMC Chapel  
9:15 a.m. Mass, Dodd Field Chapel  
9:15 a.m. Mass, AMEDD Regimental Chapel  
11:15 a.m. Mass, BAMC Chapel  
\*12:45 p.m. Mass, Dodd Field Chapel  
\*Bilingual Mass on 1<sup>st</sup> Sunday of the month (For information call 590-6593).  
Weekdays: 11 a.m. Mass, BAMC Chapel  
11:30 a.m. Mass, AMEDD Regimental Chapel  
1st Friday: 9 a.m. Mass Catholic Women, Dodd Field Chapel

### Jewish

Friday: 8 p.m. Service, Dodd Field Chapel  
8:30 p.m. Oneg Shabbat, Dodd Field Chapel (For information call 379-8666 or 493-6660)

### Mormon

Sunday: 10:30 a.m. Bldg. 1350, Room 1, Koehler Road, across from Evans Auditorium  
Tuesday: 7 p.m. LDS Studies, AMEDD Regimental Chapel

### Muslim

Sunday: 10:30 a.m. Religious Education, Bldg. 607A, Infantry Post  
Friday: 1:30 to 2:30 p.m. Prayer Service, Bldg. 607A, Infantry Post  
Thursday: 8 p.m. Adult Religious Education, Bldg. 607A, Infantry Post

**Note:** The Post Gift Chapel is closed for renovations indefinitely. Chaplain Administrative Offices are located at Dodd Field Chapel, Bldg. 1721, phone number 221-5432. Garrison staff duty officer, (after duty) 221-2810.





## ¿Que Pasa?

### Community events

#### **BMCAOS and AFCEA meeting and luncheon, July 18**

Special Agent William A. Perez, Federal Bureau of Investigations, will speak at the July 18 joint Billy Mitchell Chapter Association of Old Crows and Alamo Chapter Armed Forces Communications Electronics Association luncheon. The public is invited. The meeting will be held at Dave & Busters at I-10 & I-410, beginning at 11 a.m. Agent Perez will discuss "The Impact of Technology on Crime: A Law Enforcement Perspective." He will highlight cyber crime trends, as well as FBI strategies and initiatives, including the InfraGard Program. Cost is \$15 cash or check. Make reservations NLT July 15 on the BMCAOC Website <http://www.bmcaoc.org/> or call Marsha Ocain (210) 732-7697. Reservations should be made or canceled NLT 15 July.

#### **FSH Technology Expo, July 18**

The latest innovation in high technology will be on exhibit at the Fort Sam Houston Technology Expo on July 18 from 9 a.m. to 3 p.m. at the Roadrunner Community Center, Bldg. 2797 on Stanley Road. Sponsored by COMTEK, the premier provider of telecommunications information technology and information security services to DoD and other Government agencies. Join us and learn about the latest information technology.

#### **Night in Old Fredericksburg, July 19-20**

Night in Old Fredericksburg celebrates 39 years of fun. The citizens of Fredericksburg, Texas will celebrate their German heritage with some sausage, sauerkraut, cold drinks, singing and dancing. For information call the Fest Office at 1-866-TEX-FEST.

#### **U.S. AMEDD Regimental Social, July 26**

The 16<sup>th</sup> Annual Regimental Social will be held July 26 from 4:30 to 6:30 p.m. at the U.S. Army Medical Museum, corner of Stanley Road and Harry Wurzbach. Cost is \$5, checks payable to HQ, MEDCOM. See unit command sergeant major or first sergeant for tickets. Light snacks will be served. Dress is duty uniform.

#### **Fort Sam Houston FEW Lunch & Learn, July 31**

The Fort Sam Houston Chapter of Federally Employed Women, Inc. will host a Lunch & Learn session July 31 from 11:30 a.m. to 12:30 p.m. at the San Antonio Credit Union located on Stanley Road. The no-cost lunch will be Pizza and soft drink. To make reservations call Arcy Longoria at 916-3016.

### Volunteers needed

#### **Department of Periodontics seeks patients**

The Wilford Hall Medical Center Department of Periodontics at Lackland Air Force Base is seeking additional patients with specific needs for treatment in the periodontics residence program. Applicants must be military retirees, family members of retirees or family members of active duty and must have been recently

determined by a dentist to have an existing periodontal condition. For more information call 292-7273.

#### **Calling all single soldiers to join BOSS**

The Better Opportunities for Single Soldiers meetings are held on the 1st and 3rd Wednesday of every month at 2:30 p.m. at the Hacienda Recreation Center. The BOSS committee was established at the installation to provide soldier input to the commander, who will use the committee's recommendations to improve single soldier's Morale, Welfare and Recreation programs to enhance quality of life. For more information, contact the current BOSS president Spc. Jeffrey Briere at 637-2229.

#### **United Way Help Line seeks volunteers**

United Way is looking for volunteers to answer calls from individuals in need of assistance. The Help Line provides information, referral, telephone counseling and crisis intervention services to the community. Telephone counselors are urgently needed to answer the Help Line during daytime and weekend shifts. Bilingual counselors are especially encouraged to sign up. To volunteer, call 352-7057.

#### **BAMC needs Partner in Healing volunteers**

BAMC seeks volunteers to provide in-house patient transportation. Nurses rely on the patient transport program to stay on the wards and focus on quality patient care. Join the kind and dedicated team of volunteers who provide this important service to the patients. Call 916-5083 to become a BAMC Partner in Healing.

### Meetings

#### **MOPH Alamo Chapter 1836 Meetings**

The Military Order of the Purple Heart, Alamo Chapter 1836, will hold its monthly meetings at the Roadrunner Community Center, Bldg. 2797 beginning at 10 a.m. The following are the meeting scheduled dates for the remainder of the year: August 3, September 7, October 5, November 2 and December 7. Members of the MOPH, who do not have a DoD sticker on their vehicle, should enter FSH through the Walter's gate entrance to obtain a pass.

### In the classroom

#### **Read Across Texas at the Fort Sam Houston Library**

The Fort Sam Houston Library is conducting its annual summer reading program for children in pre-school through eighth grades. The program is designed to keep youngsters reading throughout the summer. Register at the Fort Sam Houston Library and keep track of all the books you read. Children enrolled in the program can earn a brand new book, a certificate and a "Read Across Texas" T-shirt. For more information call the Library at 221-4702/4170.

#### **Next AKO/SmartForce Briefing, August 15**

The Army is announces a partnership license with SmartForce, a state-of-the-art computer based training

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learning infrastructure, which customizes training for individuals, while the learning experience ensures that knowledge is delivered in a fast effective way. AKO/SmartForce briefings will be held in Blesse Auditorium August 15 and 22 from 8:30 to 10 a.m. For information call 221-8945.

#### **ESL classes taught at the Roadrunner**

English as a Second Language classes are held on Fort Sam Houston at the Roadrunner Community Center and are free. They are designed especially for foreign-born spouses to increase reading comprehension, vocabulary, and pronunciation. Classes are appropriate for beginner, intermediate and advanced students with individualized group instruction. The Army Community Service Relocation Assistance Program and the Region 20 Education Center sponsor classes. To register, call 221-2418.

#### **Space Available Travel Information**

You may be eligible to travel on space available to Germany, Guam, Japan, Korea, or Puerto Rico. For information on restrictions for overseas travel, required documentation for sponsors and dependent travelers using Space Available, call the Lackland Passenger Terminal (Kelly Field Annex) at (210) 925-8715 or visit the [spacea@lackland.af.mil](mailto:spacea@lackland.af.mil) Website.

#### **Enjoy a \$1 dinner at USO**

The USO offers a \$1 dinner every Saturday at 6 p.m. Enjoy a great "home cooked" meal and then explore what downtown San Antonio has to offer or take advantage of free pool and foosball tables, movies, game room and family room. The USO is open to all military personnel and their families Wednesday, Thursday and Sunday from 9 a.m. to 5 p.m. and Friday and Saturday from 9 a.m. to 11:30 p.m. For more information, call the USO at 227-9373.

#### **Kraft Foods sponsor essay contest**

Kraft Foods is sponsoring a "salute to military families" youth essay contest. A \$1,000 U.S. Savings Bond will be awarded to a military family youth 18 years or younger with a valid military ID card. The essay contest topic is "The Person I Admire." It should not exceed 1,000 words. Contestant's essay should include their name, age, telephone number, and their installation. Winners will be asked to show identification. The essays should be post-marked by August 15, 2002 and mailed to: San Antonio Missions Baseball Club, Oscar Mayer Youth Essay Contest, 5757 Highway 90 West, San Antonio TX 78277.

#### **Nursing Refresher Program students sought**

A car pool/support/study group is being formed for the Fort Sam Houston Post residents interested in attending a nursing refresher program at the San Antonio College RN and LVN for the fall. Contact Leona t 223-2208 if interested.

#### **Course offered to Assist Women achieve 'Personal and Academic Success' at SAC**

The San Antonio College Women's Center is assisting women in registering for the student development course, "Personal and Academic Success." The course will be offered during the fall semester at San Antonio College, which runs from Aug. 26 through Dec. 8. Students may choose from two sections offered: Mondays and Wednesdays, 5:15-6:30 p.m. and Tuesdays and Thursdays 9:25-10:40 a.m.

The course fulfills student orientation requirements. The Women's Center is offering free textbook assistance for this course. For information, call 733-2299.

#### **Military Family Appreciation Nights, August 21**

General Mills is saying "Thank You" by offering free tickets to the Missions Baseball game. Vouchers for the game will be available at Carlson Wagonlit Travel and Fort Sam Houston Library two weeks prior to the game. Coupons must be redeemed at the Nelson Wolff Stadium for actual tickets. Call 221-2926 or 221-2307 to reserve tickets.